



Conscious Life presents
**HEALING TOXIC
RELATIONSHIPS**

Toxic Relationships as Unhealed Trauma

Guest: Dr Rochelle Calvert

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[00:00:09] Jaï Bristow

Hello and welcome back to this conference. My name is Jaï Bristow and I'm one of your hosts. And today I am very, very pleased to be welcoming the wonderful Rochelle Calvert. Welcome.

Dr Rochelle Calvert

Thank you, Jaï. So good to be here and be with everyone today.

Jaï Bristow

Thank you. So good to have you here. So this theme at the moment is all about toxic relationship and healing toxic relationships. So I'm curious for you, what comes up when you hear that term? How do you define toxic relationships?

Dr Rochelle Calvert

Yeah. I would offer a very simple definition to that which is unhealed trauma. We have so many parts to ourselves that maybe have gone unattended to, unhealed from wounding in different relationships we've had in our life. And then that breeds more, usually, of that unhealthy or toxic experience in relationships.

Jaï Bristow

That makes a lot of sense. And so what would you say are some types of trauma or some forms of trauma or some expressions of trauma that can come up in these relationships?

Dr Rochelle Calvert

I was really reflecting on this because I think that the types of trauma are probably pretty boundless in terms of the types of unhealed relational dynamics and experiences of trauma we've had with people in terms of what that ends up manifesting itself in and what it looks like with types of trauma. But I think people will experience at a base level with traumas in and from toxic relationships attachment, right? Like, I can't attach safely, doesn't feel safe for whatever reason, from the unhealed trauma that I have to attach to a partnership or to attach to a community of beings, for that matter.

[00:02:06]

So I think that's one general realm that we see in types of trauma is an attachment type trauma. Feeling unsafe in relationships. But I think the others kind of come into this, feelings about the way we view ourself. We might have a lot of negative self view or self worth or shame or guilt as a product of those unhealed traumas from the relationships as well. And that itself can kind of be its own selfing organism of types of trauma that we go on to perpetuate in the experiences of relationships we have. We don't spend the time to heal that.

And then I think there's the more traditional ones that end up from a traumatic standpoint where we experience very low moods or anxious moods or very reactive states of dysregulation. And all of those are, again, another kind of constellation of types of expression from unhealed trauma. And so any one of those, I think any one of those, types of expressions of lack of health could be wedded to these unhealed experiences of trauma in difficult relationships we've had in our life.

Jai Bristow

Wonderful. I really appreciate that definition of toxic relationships simply being unhealed trauma and the types or the symptoms, the ways that can show up, is attachment trauma and the difficulty to attach. We see that a lot in toxic relationships or traumatic relationships. But also what you're saying about self worth, I think, is so important. There's a reason we have a whole day on this conference dedicated to healing one's relationship with self, because, yeah, when we've been in unhealthy relationships, especially whether that's in childhood or in adult life, then often it will impact our self worth. I think that's so important. And then what you were saying about dysregulation as well, it's all really important stuff.

So, Rochelle, you're a psychologist, a mindfulness teacher, and a somatic experiencing practitioner. You're also the author of *Healing with Nature: Mindfulness and Somatic Practices to Heal From Trauma*. So now that we've established that trauma is sort of a bit of the root cause, or unhealed trauma is the root cause, of these unhealthy and sometimes harmful relationships, how do we begin to heal that trauma to be able to have healthy and fulfilling relationships?

Dr Rochelle Calvert

That is a large question with, I think, many different answers. But I think the first is probably why many of your listeners or viewers are here, which is that we desire something within us to shift out of that patterning, that dysfunction, in the way that we're experiencing the challenges that come with the unhealed trauma from these toxic relationships. So I think it's just important to start with, there's many different roads, but it's that initial, I care about this, this is painful, and I want something to be different and to step into what that could be.

And my orientation and view of that is when our nervous systems are so traumatized, and then we create these dysfunctional patterns in our life, one of which can be engaging in toxic relationships, we need to find a way to, my view of this is, first, just get safety, settled and contained ways of supporting our willingness to turn towards what needs to be healed. This is why I teach and support so much of what I'm up to with healing trauma with nature. It's the reason I'm sitting outside with you. It's easier for me.

[00:06:06]

And I find for most people, if we're learning healing practices, to be held in a container that feels safe and supportive and nurturing, and if we have access to it, even feeling the loving, connection of support from the natural world, our whole systems go, ah, just a little, right? Like if I feel the breeze or I smell sweet dirt or I hear the bird song, my whole system will just settle a little.

And that makes fertile ground for being able to then turn towards with whatever practices of healing we're bringing to bear that much easier to be able to explore. And so this idea that we can heal in safe, contained, held, supportive ways to then bring in these beautiful practices of mindfulness or somatic healing to begin to unwind those patterns that aren't serving us and keeping us in unhealthy relationships.

Jai Bristow

Thank you so much. I really appreciate how you talk about nature as the holding environment. Because one thing I've learned a lot from hosting these conferences is how it's imperative to have the right supportive, safe, holding environment to heal trauma. If not, it's just retraumatizing. And whilst I talk a lot with different people about finding the right therapist or finding the right partner or finding the right person to enable that, relying on nature and using nature, which is abundant, as part of the holding or as the holding in which you can then bring in different practices. And I know that we're going to talk today about Mindfulness and Somatic practices, but there are so many other practices.

But yeah, I think it's a wonderful invitation to combine those practices. And I'm a big fan of Qigong, for example, and doing that in nature and working with the elements is beautiful. Or maybe even trying therapy in nature. I've never tried that, doing therapy outside in nature, but whatever it is, being able to combine those together and using nature as the holding is really beautiful. So, thank you. Oh, sorry, go ahead.

Dr Rochelle Calvert

Yeah. I was just going to say I appreciate the linking of the importance of the container and the safety. And I'll add that for some of us, we walk outside and it's immediately accessible when we feel the natural world, that just feels like a container. But maybe for some of us, we're not as connected to nature, but we are often in more ways than we know. People often will say, well, I just looked up at the sky and I felt better, or I looked out at a vista. So you don't have to really go into the deep woods or be in a deep holding of the natural world to taste this. I think it's accessible if we just turn our attention a little to feeling the ways we personally, each of us, because we're designed that way, have a connection with the natural world and use that as the container of support.

Jai Bristow

I love that clarification that it's not about having to delve and go full jungle, no connection to the modern world. It can be as simple as looking up at the sky, as having some plants and connecting to the earth with your hands, as going for a walk in a park, as going for a swim, perhaps, in the water. That's nature as well.

[00:09:42]

So I'm curious if you can talk a bit about some of the practices. So now that we've got the container and how much that helps the practices, maybe you can say a bit about your trauma healing practices. Let's start with mindfulness and then we can also go into somatic practices.

Dr Rochelle Calvert

Yeah.

Jaï Bristow

Perhaps they're interconnected.

Dr Rochelle Calvert

They definitely are. Again, there's many different doorways and practices within the traditions where mindfulness is drawn from. And the ones that I find really helpful when we're working with trauma are to really explore those that live in the realm of reawakening our connection to our body. There's many practices, but there are a set of practices that help us learn how to settle into this inner landscape that is the body, not just the heart mind which is usually where the tug of war and the trauma narratives is going on.

And so if we can learn to inhabit the body and kind of learn how to have a more bottom up sensing to our experience, we can heal trauma a little easier actually. So there are various mindfulness practices with nature where we can really learn to be present with our senses, to be present with the visceral experiences of our body. You mentioned Qigong and the elements. We can awaken to the elemental visceral nature of our body and then the interconnectedness of that with nature.

And so what's really beautiful about allowing nature as the container and practicing mindfulness with these specific ways of learning to awaken into our bodies is not only are we feeling that awakening within, but we're at the same time connecting to everything that's around us. So there's this extra intimacy I think that begins to happen and, especially in relationships, to begin to feel that repair of, oh, I'm held in nature, oh, I'm paying attention to my inner landscape, that's a little easier. Oh look, now I'm smelling something and oh, that's evoking a sense of settling in my body. We begin to feel a reciprocity and a support with that when we practice within these realms of the body and nature.

So establishing the ground of that is really important to heal trauma. A lot of people will come and say, well, I'm ready to work on the trauma. This is great news. And we have to create first that safety, like we talked about with nature, but being able to feel safe turning inward and so turning inward with this direction towards the body first gives us more allyship with our body to then begin to turn towards those trauma bound or stuck places in our minds and hearts with all the things that we've been through to have that ally on board as we begin to work through healing those experiences.

Jaï Bristow

I'm so glad you clarified that and brought that piece in that, again, you need that foundation before you start the trauma healing rather than just being like, okay, I've looked at the sky, let's go into the

trauma now, because that was going to be one of my questions, actually, when you have a lot of trauma, sometimes going inwards can be really scary because you've been conditioned to avoid that. That's where all the trauma is, it's inside of us a lot of the time. It might have been caused by external factors, but it's living inside of us. So I'm wondering if you can say a bit about that, about the challenges of turning inward when we have trauma and how do we create that safe foundation rather than retraumatizing?

[00:13:32] Dr Rochelle Calvert

Yeah, and I'm glad you're highlighting that because this is the tendency of our wonderful minds to just get it out and get it rid of instead of like wait a minute, there might be some things we need to do to support ourselves with that. The how is to really slowly, and people often don't like that word because they're ready to get it out, so slowly is not usually landing well, but when I add to the slower, the more transformation that's possible, people are willing to attend to what I might have to say a little bit differently.

So it's slowly learning how to pay attention to the body a little at a time and, again, with nature a lot of times with the practices and the different offerings that we're combining with mindfulness and nature, it's not just sitting there with your eyes closed and seeing what happens next. It's a very interactive, open your eyes, turn your head, engage with your environment, that's creating safety to your system and agency that you're creating with how you turn skillfully inward.

Because if we just try to go in and get it out, it's usually, as you were saying, part of the thing that just keeps cycling and perpetuating the trauma. So there's this slow, lots of options as to how we practice. Container, held in nature. And to be able to learn to know, what's enough arousal? Meaning, yeah, we're going to meet those places within us that are difficult but how do we know it's enough? And then we back off. Because if we keep going and just to see what happens next with, oh maybe, and then that and then that and then that, we flood ourselves, we dysregulate ourselves, and we end up retraumatizing ourselves through that.

So there's this slow, choiceful, and then willing to get very curious about what's a healthy zone of arousal where I can engage with healing the trauma, feel the regulation and the resolution of that little moment of arousal, and then put it down and then come back again, rather than trying to shoot into getting every single piece handled in that one little moment that we're turning inward.

Jaï Bristow

Yeah. I think that's so important. The word that comes to mind as I hear you speak, it's one of my favorite words, is titrating. So it's that going slowly and not diving in because often we feel, when we have a lot of trauma, that's one of our tendencies and same with if people are watching this conference and they're like, okay, I have toxic relationships or I have unhealed trauma and that's what's causing the negativity in my relationships or the harmful relationship patterns or the unhealthy behaviors or whatever it is, so I've established the problem, now I want to get rid of it, I want to deal with it and I want to move on so that I can have a happy, healthy, fulfilled life. Let's go.

And instead, it's like, okay, great, we've named what's happening. But it's not that simple because if not, we'll just end up retraumatizing. We'll end up sometimes making things worse or we'll open something that we're not ready to actually deal with. A lot of trauma exists for a reason. It's our bodies protecting us from harm, protecting us from, whether that's emotional or physical,

protecting us from a harmful occurrence where we didn't have the holding, where we didn't have the container, where we didn't have the support and the safety to reregulate.

[00:17:12]

And so what you're saying is so important of the going slow, the arousal or activation in manageable chunks, so you feel it and then you use the practices to regulate, so that you can digest it, so that it's not all at once. And I think that's so important. And I'm curious what your thoughts are on this. One of the practices I've had, I have a lot of experience with mindfulness, and one of the practices I did was after experiencing a traumatic event where I was, for example, one of the things that comes to mind was once I was attacked and there was no holding afterwards. I had to go to the... Deal with police and hospitals. We weren't trauma informed.

And then there was no going home because I was away. And so I took a lot of time to just sort of lie in bed and feel connected and feel safe and then think back over the events, notice my system getting activated, that arousal you're talking about, and then bring in my practices, recognizing I was safe, I was in bed, I was okay, and reregulating. And I did that a few times until I could really feel like I digested a lot of that trauma, which is not to say that things are completely fine, and it's not to say that it's always that simple, but it's an example I'm giving of how you can titrate the activation.

Dr Rochelle Calvert

Yeah. Absolutely. And thank you for sharing such a difficult experience, but the way you've skillfully navigated it and I think that's what we're up to in these experiences we're learning how to heal from. And I would add that part of what you're doing there, too, is a renegotiation of what the traumatic event didn't actually give you during that time that would have actually been helpful to have gotten through it like to have been able to slow down, to feel comforted or held or able to take care of yourself and to your story and the point, and we don't have trauma informed police or people. They're not coming up usually to... Let me give you a hug. Let's take a moment to ground ourselves and just check in with how are you in this?

That's not happening. And, so, a lot of times, unhealed trauma, the patterns that we create, as you named, create protection from us, hopefully, not having that happen again but usually there's a few missing pieces in that traumatic event that didn't get to happen that needed to happen for you to feel safe, for you to feel taken care of, for you to feel like you got what you needed in that moment.

And when we're healing trauma, we're looking for those, what are called completion responses, completion from the trauma that never got to happen during that event because it couldn't for whatever reasons, whatever the circumstances were. And so in relationships, it is so important to think about how many places if we were traumatized in relationships, we didn't get those completions, those healthy ways of being held, talked to, seen, validated, nurtured.

So what we might be looking for in the parallel to the experience you just talked about is how are we going to find our organism's nature of still getting that as something that could heal the trauma from what we didn't get and that we carry with us, protecting ourselves from, but through the healing practices gives us agency to begin to have that back in our lives.

[00:20:37] Jaï Bristow

I love that expression, completion responses. It's actually not one I've come across, I don't think, yet. And just that idea that, yeah, trauma is that something got activated, something happened, and then your body didn't have it time to complete what it needed to happen, to be able to reregulate, to be able to get back to baseline. It's like we see animals, they sort of shake it off afterwards or they go and they have ways of regulating. And as humans, sometimes we don't get that as much.

Dr Rochelle Calvert

We're not good at shaking off and we're not good at going, oh, I needed this, I needed my safety bear hug right now. We didn't go get that.

Jaï Bristow

Or maybe we're good at recognizing that, but it's unavailable. It's more unavailable perhaps than for animals or we don't know how to ask for it. And then once we're in trauma response, it can be very difficult. Especially you talked about it in relationships, right? So I think, especially because it's a theme of this conference, that's super important, the idea that, yeah, you can be traumatized in a relationship and you haven't had time to complete and then being in relationship again will reactivate that a lot of the time.

And it will create trauma responses where someone can become very defensive or very shut down or very... Lots of different symptoms in that and the other person that they're in relationship with, and it doesn't necessarily mean traditional partners or romantic relationships, it's just anyone in relationship with them, if they don't recognize a trauma response or if they don't know the context, then they're not going to necessarily offer the holding, they're not going to be able to help the completion.

And instead it will become what I've talked a lot about on this conference as a self fulfilling prophecy where it's the idea that we have these stories, we have these beliefs, we have these trauma patterns and then we keep ending up in relation with people who will just...

Dr Rochelle Calvert

Reinforce that.

Jaï Bristow

Exactly. It will all play out all over again and we're in these constant object relations. And so this idea that to heal, you need the completion response, did you say it was?

Dr Rochelle Calvert

Yeah.

Jaï Bristow

The completion response. And so I'm curious about how do we get that, especially when we bring in the relationship element? Do we need to do that with another? Do we do it with ourselves? Can

it be either or? How do your practices that you teach support in getting those completion responses?

[00:23:06] Dr Rochelle Calvert

Yeah and I think this comes back to probably what the trauma wound is that we're working with, is it more of an attachment? Is it the sense of the way we view ourselves or our dysregulation? All of that's going to play into what type of completion response is required. But I think there are lots of ways to experience what that could be. And again I'll weave in nature that for me for a long time I would gravitate towards practicing in nature into canyons. I would find myself trying to go find the deepest part and sitting in the base of it and I started getting really curious about, what's that about? That's your preferred place to go to practice?

Well, it's feeling the holding of literally being cradled by the Earth. And I had some very early trauma where I didn't get a lot of parent support. So it made sense. When I could feel like the Earth was just wrapping herself around me. That was a form of a completion response, really helpful for that type of wounding to feel like it was getting what it needed that it couldn't get from these other places when I was little.

So it's not necessarily, sometimes, too, our brains will have ideas about what we think we needed or we've analyzed it and so we've come up with an idea about, well, if this had happened with this partner or in this relationship, then it would be better. It's more about learning how to settle into the dysregulation, find the capacity to be in a healing container with that dysregulation to see what completion response wants to emerge. You might be really surprised. All of a sudden it's like oh, I just feel like I need to have a hand holding my hand. And so then you realize, oh wait, where's the friend that I can go and access that from?

Or maybe I go and hang out with my tree friends or my flower friends and hold their hand. But there's some insight that comes forward about oh, that would just feel very nourishing, settling, whole, healing, as we turn towards that difficult trauma of dysregulation within us that emerges from these healing practices to say, that's it. And that's what I want to keep nurturing and finding in my relationships. It could be with partners, it could be with friends, it could be with community, could be with the natural world in any of those doorways.

Jai Bristow

Thank you. I really appreciate, again, how you're bringing in nature and mindfulness to support this sort of relational trauma healing. And I love that story you gave of noticing how you kept going into these sort of crevices, these canyons, and that actually it was a way for you to be held because you hadn't had that. And what I love about that story, there's a couple of things, there's one, is just how healing nature can be, how nature can provide so much and it's so beautiful.

But it's also the fact that you didn't pathologize or you didn't think it through. It's what you were saying earlier. So instead of thinking, okay, I know for a fact that as a child, I didn't have holding, that is the cause of my trauma, I will now go and lie in a canyon until I'm better. It's instead that sense of how do I slow down, connect with myself? Again, what you're saying, the container, the foundation, the titration. It's not just, okay, I have my to do list, I'm doing it. It's more, oh, what do I need right now? What dysregulation is coming up?

[00:26:53]

And also the thing about trauma, which probably many people listening will know, but it's like, A, it's super complex and there's a lot of layers and it shifts, right? As you work on things, things come up in cycles, things come up in layers, things shift. So you don't know necessarily what's been activated or triggered. You can't necessarily just go, okay, I didn't get enough holding. That's the cause of everything. It's like, okay, right now, what dysregulation am I feeling? Right now, what do I need to get back to baseline? What do I need to feel held and supported? What do I need to heal?

And like you say, it might be something from another person, and then it's a case of finding the right other person who can offer you that in that moment and not going to the person, if you need a hug, not going to the person who you know hates physical affection to ask for the hug. And then creating a self-fulfilling prophecy and retraumatizing and creating another sort of, continuing with harmful patterns and instead being like, okay, let me go get a hug from someone who I know has a possibility.

It's asking for that in the right way. Or maybe it's, oh, actually, I constantly feel like I need to give to others. What I most need right now is to just be alone. Let me take time to go for a walk on my own, to connect to myself, to connect to nature, to connect, or it might be, there's limitless possibilities and the whole point is not trying to predict what it might be, but sensing what's happening right here, right now.

Dr Rochelle Calvert

Yeah which is why it's so important to have that foundation of our practice, our ability to be that intimate with this deep knowing within us and the patterns and then how to wisely and skillfully engage with them in the ways you just spoke to.

Jaï Bristow

That's wonderful. Yeah, I really appreciate that. The line that comes to me as you say that is I don't know how relevant it is, but I'm going to say it anyway, the idea that, do your practices when you're doing well or something like that because they'll serve you when you need them, when you're not doing so well. And I think that's it as well. It's like continuing to do practices and then if you end up in a traumatic situation again, if you end up overly stimulated, the practices you've been doing and cultivating regularly will be able to support and offer more capacity.

And I think the relevance in what you're saying is that, it's that do them every day, go slow. You don't always know what's going to come up. Maybe it's going to be a frustrating meditation, maybe it's going to be a walk in nature where you're just angry and don't stop and smell the flowers. Maybe it's going to be all those things and yet it's all contributing to creating this foundation that you're talking about, to creating this holding, this container, to teaching your nervous system to regulate, to rewiring it all, to be able to calm down and get back to baseline.

Dr Rochelle Calvert

Yeah, absolutely. I appreciate the Aṅga practice because it is wellness. It's all aiding and contributing to what is possible in the healing. And we can't get to those, again, when the mind gets so fixated on I will get healed over here. We're missing all of those moments that are the

accumulation of the healing and the transformation that will come from that. It's not a linear situation. It's allowing yourself a whole new paradigm of the way you're taking care of unwinding this trauma so that you can step into something that your brain can't even understand what that actually might be.

[00:30:45] Jaï Bristow

I recently had a chat on this conference with Akilah Riley Richardson and one of the things, she's an amazing person, it was a very powerful conversation and one of the things she's saying is just like stop trying to heal and embrace messiness. And I think that's part of what is true in what you're saying with nature and mindfulness. It's just providing the container to allow everything to arise. But also what we touched upon in my conversation with her is how you don't really separate relationships from life. It's all so interconnected and any relationship you have is sort of a microscope sometimes on your patterns, on your traumas, on what's going on in other areas of your life.

And so, again, having regular practices is going to be inevitably beneficial to life and traumatic situations, but to all your relationships, whether that's your intimate partners, whether it's your friendships, whether it's your family relationships, whether it's at work because if you're able to regulate more or able to build capacity or able to, all these things, and able to have that, recognize and be in contact with the holding and the foundation of nature and mindfulness and somatic experiences, all these things, it's going to help you in your own journey, but it's also going to help you provide that for other people. Right?

Dr Rochelle Calvert

Right. I'm reminded that I want to share a part in the book where I talk about establishing your healthy ecosystem, right? And as you were just naming what you spoke with with the other speaker, we're all part of an ecosystem. This is life, right? We can look at healthy ecosystems and go, wow, that's fascinating. Well, you are part of a thriving or not so thriving eco organism of a healthy ecosystem. And if you can figure out how your practice supports you cultivating a healthy ecosystem in your life, I feel like practices literally, like all ecosystems need a good energy source. The sun and the light that comes to help things flourish.

Well, I feel like our practices are like the literal inner energy light for a healthy ecosystem, right? And so if we can cultivate that on a regular basis, it will begin to transform the types of relationships that you're in. It's just like a good ecosystem, it brings in the good producers, it brings in the good decomposers, it's going to bring in and you're going to allow a much healthier expression of the life that's happening with you in your relationships.

And it will become a thriving because of that healthy from the inside relating to the outside experience of healing that's going on to create good health and vibrancy and boundaries and engagement and letting go of all those things that we're wanting to have, to shift out of unhealthy relationships.

Jaï Bristow

100%. I love that image of an ecosystem. It's one I use in my own work in different contexts so I love that you brought it in, and I love the idea of we have our own ecosystem and these practices

are supporting that. And then also the ecosystem of us entwined with other people and all our relationships and that kind of like... And how it all feeds into each other.

[00:34:25]

I sometimes talk about when there's toxicity or unhealthiness in one person, one relationship, it has a much more of a knock on effect than we realize because we're all interconnected. So, for example, I've had a lot of non monogamous relationships, and I had one partner who had a very unhealthy relationship with another partner, and that other partner had a lot that they needed to work on, let's just say that for now, but every time that they'd have an argument, my partner was quite a grounded person, but was somehow caught up and so every time they'd have an argument or every time something happened, and we can call it toxicity or something else because toxic is quite a strong word, but whenever then my partner would vent to me about it or talk to me about it or complain about it or just need, because they'd taken on a lot of charge from that interaction and then they'd vent to me and then that would be a lot for me to manage.

So then I'd call up my best friend or one of my other partners or whoever it was, and be like, oh, this thing has happened. And one time it happened because there was a time difference and so it happened in the middle of the night. And so then I tried to call up my friend or left a voice message and then that's the first thing, because I needed to regulate myself and then that's the first thing that she heard when she woke up and so then that set the tone for her day and then therefore she was grumpy with her mum that morning, who she was staying with at the time, and then her mum was...

And so it has all these, what I sometimes call, the ripple effect, right? And so it has all this ecosystem, we're so interlinked and so that's what maybe is a negative ripple effect, but we can also create positive ripple effects. And that's a lot of the work I do in trying to show that if we work on ourselves, we're not doing it just to be healthy, happy, fulfilled people in our own little bubble of oneself.

It has again what I was saying earlier about the practices and the capacity to have better relationships with everyone. And if we're able to hold space for other people and then that will help regulate them and then they'll go on and have, next time someone else is dysregulated or has a... They'll have much more capacity to hold that. And then suddenly we're creating this positive ripple effect within the ecosystem. So I just wanted to bring in that piece as well because it felt relevant.

Dr Rochelle Calvert

Yeah. And the latter of what you're speaking to creates the thriving ecosystem, the one that's just operating on its good accord because it's participating with life in all the ways it's designed to. It's not designed to want to harm itself, it's designed to want to heal and support and thrive. And so I think what you're pointing to is so important that if we can see that when we are doing our own inner work and we heal this, that healing creates more healing. So there's this trauma begets more trauma, but healing begets more healing. And it does, it ripples in all those directions. So it's of service, not just to awaken to our own health in life, but to awaken the health of all life, which is what's really possible. And that example you gave, what happens when health begins to travel in that direction? So many lives that it's actually touching.

[00:37:56] Jaï Bristow

Absolutely. I think I'm really touched by what you said about a thriving ecosystem and it doesn't want to harm itself. Ecosystems don't want to harm itself. But it's also, I think, not to get too political or whatever, but the society we live in is full of so much trauma, and this is why we have these Trauma Super Conferences, which is coming up next, so I recommend people check that out as well, but is that, again, sometimes we can feel overwhelmed by just how messed up and unfair and unjust the world is, how our relationships with each other are not always very healthy, how there's different forms of oppression and marginalization. All that can feel really painful and overwhelming.

And at the same time, it's so worth doing some of this trauma healing individually and collectively, because the more people are wanting to heal and start healing processes and working with each other, the more, like you say, healing begets healing. And it's not futile. And it has such a bigger impact on our relationships than we realize, because it's all so interconnected, because we are all so interconnected.

Dr Rochelle Calvert

Which is why I'm so grateful every being that's choosing to hear these is up to this and being part of that. I do think, not, again, to be too political and all the things that are so oppressive in our culture, I do personally feel like this is the antidote. The healing of trauma will be one of the many antidotes that are coming to bear on the transformation of the dysfunction and the harm that's going on with this.

Jaï Bristow

Absolutely. Absolutely. Rochelle, thank you so much for your time today. How can people find out more about you and your work?

Dr Rochelle Calvert

Yeah, you can visit my website, which is drrochellecalvert.com, and there's all kinds of interesting things that are happening there. You can get my book there. I offer courses online. I teach retreats regularly, help out in other communities that are up to similar work, so you can join there. So all that information is on that website.

Jaï Bristow

Brilliant. Thank you so, so much.

Dr Rochelle Calvert

Thank you.